



DARK ASCENT

7 Steps to Becoming a God

1. Identify your Will
 - A. Every God must have a Will
 - Nothing changes until you exert your Will upon the Universe.
 - B. Ensure it is something you truly want, in alignment with your inmost nature
 - It should be an end in itself, not a means to an end.
 - Ask yourself, “Do I want this for its own sake, or for what it can give me?”
 - Ask yourself, “Do I truly desire this, or do I think I **should** desire it?”
 - C. Ensure it is out of creativity, not problem-solving
 - Gods do not solve problems, because no problems exist where they are.
 - To try to solve a problem is to simply persist it in your reality.
 - All problems are of the mind. See through the problem and it will dissolve.
2. Make a deliberate decision
 - A. Energy moves when you deliberately choose your goal
 - B. Do not use soft words like “intend”, “allow”, “affirm”, etc
 - C. Do not say “I have ...”, because you are lying to yourself and your subconscious knows it
 - D. Say things like “My will is to have ...” or “I choose to have ...”
3. Radically accept all thoughts and emotions that arise to the contrary
 - A. When you move energy towards your goal, it triggers your resistance
 - Resistance is not a bad thing. It is a natural part of the process and must be embraced.
 - B. Resistance takes the form of negative emotions
 - C. Your natural reaction to resistance is to push against it
 - Anything you push against will get bigger.
 - What you resist, persists.

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- To push against is to react to it, and Gods are unmoved, unaffected. Therefore do not react.
 - You cannot push something out of your reality.
 - Whatever you push against, you give it more power to manifest.
 - D. Instead, radically accept it: embrace and welcome it
 - Anything you accept, you strip it of the power to manifest.
 - Accepting something does not mean you invite more of it into your reality. It's simply an energetic orientation of acceptance rather than resistance.
 - E. You will instantly notice a loosening as the resistance dissolves
 - Do not force it. Simply accept all thoughts, feelings, and sensations that arise.
 - F. If it persists, continue to accept it without needing it to leave
 - Sometimes it may feel stronger for a time. Continue to accept and it will eventually unravel.
 - Beware of using acceptance as a sort of subtle resistance, as in accepting to try to get rid of the feeling.
4. Enter the Zero State— your inner core of stillness and silence
- A. Once the resistance dissolves, you are free to move beyond the mind
 - B. Beyond the mind there is stillness, silence, awareness
 - It is the silent observer.
 - It is that which is eternal, ever present.
 - It is that which is your True Self, your inner core.
 - C. You will know when you are there because feelings of peace, stillness, and calm will arise naturally
 - D. Bask in these feelings for as long as you like
 - E. This is the Zero State, because it is beyond all stories, all manifestations, which are of the mind
 - F. From this space, all things are possible
5. Permeate your being with the emotions of your desire
- A. It is the emotions that create
 - B. Evoke the general, positive feelings of your manifestation
 - C. Do this by gentle, non-resistant questions
 - “What if I could have my desire?”
 - “What would it be like to have my desire?”
 - “Wouldn't it be nice to have my desire?”
 - D. Questions are less resistant than affirmative statements, because they are neither true nor false
 - E. Allow the appropriate feelings to naturally arise in response to these questions
 - F. Bask in these feelings without needing anything to happen
 - These are the general pattern of your manifestation.
 - As you allow them to grow, the manifestation will gain more momentum.
 - Do this only for as long as it feels good. A few minutes is plenty.
 - G. Repeat once or twice daily as you feel inspired
 - Consistent practice will build energy and momentum.
6. Be vigilant against habitual negative thoughts throughout the day
- A. As you work on any goal, resistance must arise

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- Your mind operates in habitual patterns. It takes time to retrain it.
- B. Use the technique from #3 to defuse any resistance
- C. Check your stories throughout the day
 - Notice when you are thinking or speaking negatively about your goal.
 - Ask yourself, “Does this thought or statement support me in my desire?”
 - If not, drop it.
- D. Question the story
 - “Is it true?”
 - “How do I react when I believe this story?”
 - “Who would I be without this story?”
- E. Replace with the positive emotions you elicited in #5
- F. As you continue this, you will notice more and more positive thoughts naturally arising
 - Do not force this. This whole process should be effortless.
- 7. Acknowledge the successes as they come
 - A. You will start noticing changes within a few days, sometimes less
 - B. Do not require them to happen; simply acknowledge them as proof of your success when they come
 - C. It will start with more positive thoughts: see this as the success that it is
 - D. Then you will start to see signs and partial manifestations
 - E. Finally the manifestation itself will come, often when least expected
 - F. The more you acknowledge positive manifestations, the more momentum you will give to your manifestation
 - G. Never be discouraged by the negative, and always focus on the positive

To go deeper, sign up for the Circle of Darkness: darkascent.org/circle